

FLEX ARM HANG (start position)

At the start, the command Mount the Bar is given by the grader; use the foot pegs to step up placing your hands (palms facing in) on the bar, and listen for the next command.



Foot Pegs

Foot Pegs

FLEX ARM HANG (hang position)

The next command given is

HANG.

You will hang as demonstrated by photo for about two seconds.



FLEX ARM HANG (up position)

The next command is UP. At this command you will pull yourself up and hold the position for 10 seconds until the command drop is given (your chin cannot rest on the bar at anytime). After 10 seconds, the command **DROP** will be given at which time you can release the bar.

